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30 YEARS OF BEAR CARE

**The Teddy Bears' Picnic was
only one of many events this
past weekend metroNEWS**



Carena Brazeau, 5, takes a listen to her bear's heartbeat. The fittingly named Mrs. Bear had her eye mended by volunteers at the 30th annual Teddy Bears' Picnic Sunday at Assiniboine Park. SHANNON VAN RAES/METRO

Land dispute resolution closer

PROVINCE

Liberal government, Metis sign memo of understanding

A potential settlement expected to reach billions of dollars could be presented to Manitoba's Metis as early as September after the Liberal government signalled it is taking steps to fulfil a 146-year-old disagreement over land.

Indigenous Affairs Minister Carolyn Bennett signed a memorandum of understanding with the Manitoba Metis Federation over the weekend.

The document outlines the government's intention to finally honour a promise made under Sir John A. Macdonald to distribute 5,565 square kilometres of land, including what later became modern-day Winnipeg, to the Metis.

Bennett said the Liberal government is committed to ending the status quo and "renewing Canada's relationship with the Metis nation."

The milestone comes nearly three years after the Supreme Court of Canada ruled 6-2 that the federal government failed to appropriately carry out its promise made in 1870.

The 2013 ruling lent legal heft to the possibility of land-claim negotiations.

Metis leaders celebrated the historic step

toward finally resolving the longstanding dispute.

"We waited 146 years for this," said federation president David Chartrand. "The future is going to change for generations to come, and we are no longer going to be sitting on the sidelines."

The disagreement stems from a promise made by Sir John A. Macdonald's government in 1870 to set aside land for 7,000 Metis children from the Red River Settlement.

The Metis have argued that it took more than a decade for the government to begin distributing the 5,565 square kilometres of farmland and about 1,000 Metis children never received any of the promised plots.

In many cases, the land was randomly handed out by lottery and displaced the recipients from their ancestral land.

The deal was part of the Manitoba Act of 1870, which Canada's first government crafted in attempts to end the Red River Rebellion led by Metis forefather Louis Riel. The act also helped Manitoba become a Canadian province.

Another landmark ruling for the Metis came in April when the Supreme unanimously ruled that Metis and non-status aboriginals are "Indians" under the Constitution. The decision opened the door for an estimated 600,000 Metis and non-status aboriginals to gain access to federal First Nations programs previously denied to them. THE CANADIAN PRESS

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8 BIG EVENTS OF THE PAST WEEKEND



Elisha Dacey
Metro | Winnipeg

If the May long weekend signifies the beginning of summer, then the city threw itself into full summer mode the following weekend. 'Peggery couldn't turn around without running into a Liberal party member, a charity event, the city's biggest dinner table or some truly fabulous runners.



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1 Prime Minister Justin Trudeau smooches six-month-old Finn Lipka prior to the closing ceremonies of the **2016 Liberal Biennial Convention** in Winnipeg on Saturday. JOHN WOODS/THE CANADIAN PRESS

2 Doors Open Winnipeg included participants such as the Manitoba Sports Hall of Fame throwing open their doors and welcoming in the public. CAROLLUVSHOCKEY/TWITTER

3 The Winnipeg Lost Dog Alert's first-ever Sneakers and Paws 5K race was held at the Forks on Sunday — and Daisy was the winner. VIRGIN RADIO 103.1/TWITTER

4 The Great Manitoba Portage on Saturday saw teams compete for the chance to head to the finals — a portage race across Esplanade Riel. The goal is to raise money for the Sunshine Fund to send kids to camp. LUTHERVILLAGECAMP/FACEBOOK

5 The Motorcycle Ride for Dad kicked off Saturday at Polo Park. The charity drive for prostate cancer research saw 1,100 riders and raised \$330,000 this year. COURTESY CHRISD.CA

6 It was a table for you and 1,200 of your closest friends. Table for 1200 was set up on Waterfront Drive Saturday for the third annual dinner and architecture discussion. MAYOR BRIAN BOWMAN/TWITTER

7 Runners got into the spirit of Pride at the first-ever **Pride Run** for the annual Winnipeg Pride Festival on Saturday. KEVIN CHIEF/TWITTER

8 Visitors to the **Assiniboine Park Zoo** saw not only dinosaurs and polar bears but a bunch of baby animals now on display to the public. CONTRIBUTED

Thinking out of the box with subscription food

ENTREPRENEURS

Prairie Box serves up tasty fare for a monthly fee



Braeden Jones
Metro | Winnipeg

A new subscription service is giving Winnipeggers a chance to have meals like confit chicken leg or hoisin-marinated flank steak delivered to their house.

Prairie Box is the brainchild of chefs Brandon Schofield and Lewis Glassey, and puts healthy, quality meals in a box to be delivered to subscribers.

"We cook meals for \$8.99 a piece for people who don't necessarily have the time to create meals for themselves at home, be it that they are working parents or young professionals," Schofield said.

He sees it as being valuable for people who want to eat well but can't find the time to get a handle on it and don't want to compromise too much.

"Eating healthy doesn't mean eating boiled spinach and roasted unseasoned chicken for every meal," he said. "Eating healthy is taking control of your eating."

Prairie Box of the convenience of meal-prepping lunches, with a menu that is more



Lewis Glassey (left) and Brandon Schofield want to provide working parents and young professionals with healthy, adventurous meals. **BRAEDEN JONES/METRO**

adventurous than most home kitchens and without the hassle of actually prepping anything.

Instead, all it takes is a one-time subscription, and the meals come until it's cancelled.

"People subscribe and that's all they have to do, they don't have to worry about it, we just keep sending them food," Schofield said.

He and Glassey were inspired

by similar services offered elsewhere, and after working away from their native Winnipeg for some time, decided to be the first to offer it here.

"We said 'Hey, we can do this, we've catered 2,000 people before... can't we just put it together in a box and deliver it to people's doors?'"

Now in their fourth week of operation, Prairie Box's boxes are in high demand, and Schofield said the process is "hectic," but nothing the two experienced chefs can't handle.

Menus are settled on Mondays, orders finalized by Wednesday, everything's organized

on Thursday and ingredients are all purchased by Friday.

"Saturday is our big cook day, we cook everything fresh, finish all the prep we need, then Sunday morning everything gets boxed," Schofield explained, adding that the batch cooking is a lot like banquet preparation.

A courier then takes the boxes right to the subscriber's door — anywhere within the Perimeter Highway, for now.

Schofield said Prairie Box may eventually expand its range and menu options, as well shrinking its food-sourcing radius.

"Eventually the dream is to have everything sourced from Manitoba," he said, adding that a lot of their produce is locally sourced already.

"(Another) dream is to have different options for each protein on the menu throughout the week ... and start working with more dietary restrictions, gluten free, things like that."

But for now, they're learning just how in demand their core service is and sticking to what they do best.

"Our focus is on quality and making sure what we are cooking right now is quality up front," Schofield said.

PIMACHIOWIN AKI

Forest may gain heritage status

A vast stretch of boreal forest along the Manitoba-Ontario boundary has moved one step closer to international recognition, as two UNESCO advisory bodies recommended Pimachiowin Aki be deemed a world heritage site.

The federal, Manitoba and Ontario governments have put up millions of dollars over the past decade in the attempt to secure the designation for Pimachiowin Aki — an Ojibwa phrase that translates as "the land that gives life."

The effort was dealt a setback in 2013, when the same UNESCO advisory groups said it was unclear whether the area — a relatively untouched stretch of forest half the size of New Brunswick — is unique.

The governments submitted a reworked bid with more information about the ties between the area's indigenous inhabitants and the land, and the advisory groups have recommended the bid be given final approval at a meeting of the UNESCO world heritage committee in Turkey in July.

"The revised nomination provides much more detailed information on the cultural traditions of the Anishinaabeg, their symbiotic relationship with the landscape, and the tangible evidence of past and present interactions," one advisory group reports states.

"In spite of being subject to significant social disturbances as a result of European colonization, such as being placed on reserves and children being separated from their families by residential schooling, the Anishinaabeg have been able to retain their traditional culture."

THE CANADIAN PRESS

Eating healthy doesn't mean eating boiled spinach and roasted unseasoned chicken for every meal. Brandon Schofield, co-founder

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City donates to burn fund

MARIA MITOUSIS

Mail bombing victim picks charity that aided recovery



Shane Gibson
For Metro | Winnipeg

When Mayor Brian Bowman called to ask where he should donate a portion of the money brought in from ticket sales to his annual State of the City Address, Maria Mitousis didn't hesitate for a second.

The Winnipeg lawyer, who lost her hand after opening a mail bomb sent to her River Avenue law office in the summer of 2015, told reporters she knew right away she wanted the money to go to the group that's been instrumental in her care and recovery since the blast.

"When he asked me if there was a charity that was important to me it was immediately the Fire Fighters Burn Fund,"



Maria Mitousis, the Winnipeg lawyer who lost her hand to a mail bomb last summer, shares a laugh with Winnipeg Mayor Brian Bowman and Albert El Tassie of Peerless Garments at city hall. The mayor asked Mitousis to pick which charity would receive the money this year. SHANE GIBSON/FOR METRO

she said. "The care that I received was top notch and I don't think it would have been possible to have that kind of care without the support of the burn fund."

Mitousis, Bowman and Winnipeg Chamber of Commerce

"The care that I received was top notch."

Maria Mitousis

president Priti Mehta-Shah presented a cheque for \$10,000 to Fire Fighters Burn Fund executive director Martin Johnson at a ceremony held at city hall.

Local philanthropist Albert El Tassie of Peerless Garments also added another \$3,000 to

the donation.

Mitousis said she is still adjusting to life without her right hand.

"It's been a year of adjustment, that's for sure, but it's been a good year. Recovery has gone well and I have a lot to be grateful for. It's been a year of gratitude and a year of recovery."

Mitousis has since returned to the law office where she was injured and said she's slowly easing back into work over the summer.

"I'm really eager to get back and get back to normal," she said.

But "normal" now includes being recognized by people on the street and a continued outpouring of support from complete strangers.

"Lots of people say to me, 'I don't know that I would be able to be as positive as you are in this situation,'" Mitousis said. "But I'm convinced that people have that strength and you don't know that you do until you're faced with a situation."

"You'll surprise yourself, I think."

WITH FILES FROM THE CANADIAN PRESS



Cody Galbraith FACEBOOK

TRAFFIC FATALITY

Driver identified by friends

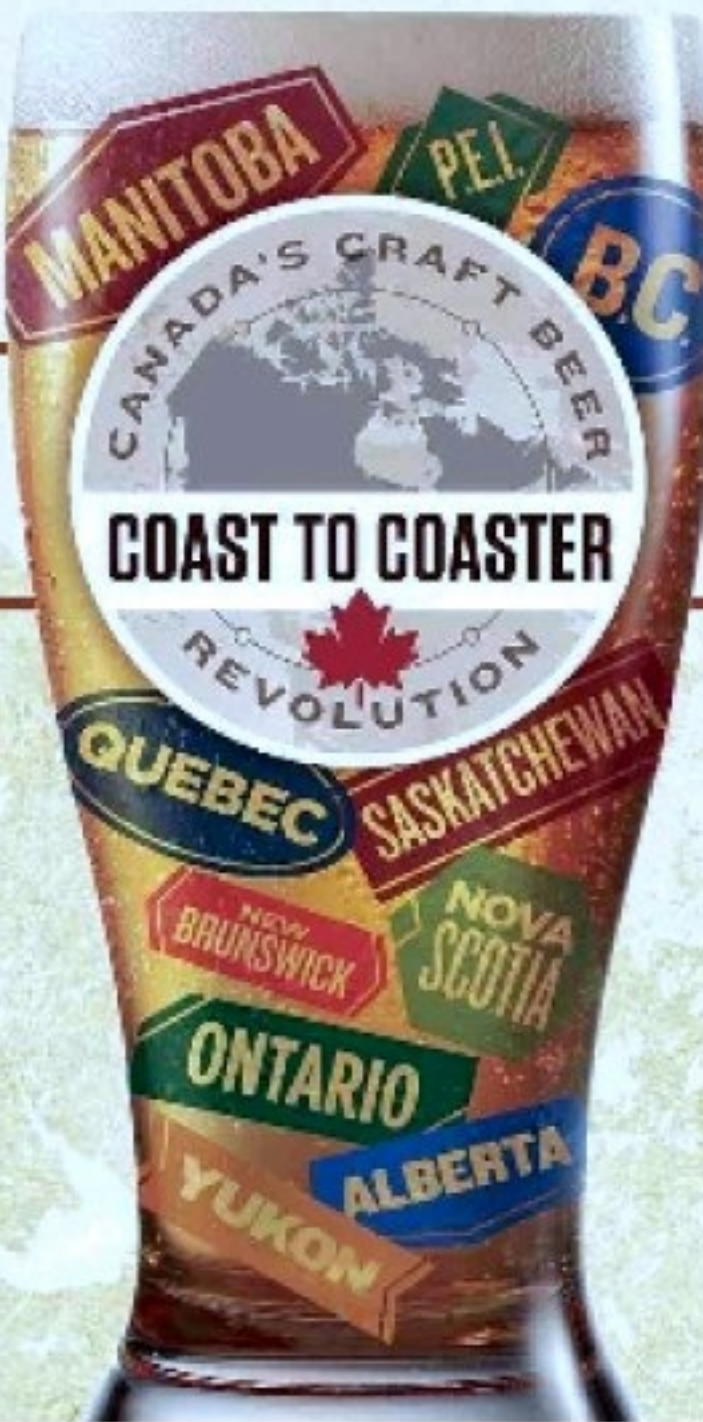
Police say one man is dead and another man is in critical condition after a crash in Tuxedo early Sunday.

Winnipeg police said first responders were called to the scene at about 1:20 a.m. Sunday on Corydon Avenue near Edgeland Boulevard where they found a Ford F150 travelling east on Corydon had slammed into a building.

The driver appears to have lost control, said police, adding speed was a factor in the crash.

Two men in the black truck were taken to hospital in critical condition. The first, a 25-year-old man, died of his injuries. While police did not release his name, friends have identified him as Winnipegger Cody Galbraith.

The second man, also 25, remains in critical condition in hospital. THE CANADIAN PRESS



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Convention a gag and more

POLITICS

Former Liberal leader Bob Rae apologizes for his 'joke'

Prime Minister Justin Trudeau offered rare praise Saturday for Conservative predecessor Stephen Harper but at least one Liberal elder statesman found it a bit hard to swallow.

Bob Rae was caught on video sticking two fingers in his mouth, pretending to gag.

The former interim Liberal leader later refused to comment on his gesture, which was caught on video by a reporter for The Canadian Press.

However later he posted an apology on Twitter calling it "a joke in poor taste that I regret very much."

The video, posted on Twitter, quickly made the rounds at the Liberal national convention, provoking both hilarity and consternation.

Rae's gag reflex was stimulated during a speech by Trudeau to the convention, the first such gathering since the Liberals de-



Former Liberal interim leader Bob Rae makes a gagging motion at Justin Trudeau's praise for former Prime minister Stephen Harper at the Liberal Convention. THE CANADIAN PRESS

feated Harper's Conservatives in last fall's election.

After taking a few pokes at the Tories, who were simultaneously holding their own convention in Vancouver, Trudeau turned serious.

"We need to remember that even though they may be our opponents, they're not our enemies. They're our neighbours and our friends," he said.

"So, I want to take a moment. You see, there are only a handful of people alive who know what it's like to do this job ... And I can tell you, even if you weren't a fan of his politics, there can be no doubting Stephen Harper's commitment to our country."

Trudeau asked Liberals to join him in thanking Harper, who has let it be known he will

retire from politics over the summer, for "his many years of public service."

Trudeau was not all sweet-

ness and light when it came to the Conservatives, however.

He also noted that the Tories had been debating at their convention whether to delete the party's policy on marriage being the union between one man and one woman.

"Among other things, they're debating the merits of marriage equality. In 2016. More than a decade after we made same-sex marriage legal in Canada," Trudeau said to gales of laughter.

"Well, better late than never, right? Who knows, ten years from now they might finally be willing to admit that climate change is real. Or that tax cuts for rich people don't help the middle class. Or that government shouldn't legislate what women are allowed to wear on their heads."

The Conservatives voted Saturday to drop the sections of its policy opposing same-sex marriage. THE CANADIAN PRESS



I can tell you, even if you weren't a fan of his politics, there can be no doubting Stephen Harper's commitment to our country.

PM Justin Trudeau

GAY MARRIAGE

'It's about freedom and respect'

Conservatives emerged from a spirited convention Saturday, ties to many of their past policies and politics severed after days of debate that many say is proof that the party is on the rebound.

The party wiped a policy opposing same-sex marriage off its books Saturday and adopted another supporting a more permissive approach to marijuana after two and a half days of introspection and intense public debate.

"It's a demonstration of the maturation of our party," former Tory cabinet minister Peter MacKay said.

The vote followed emotional debates in policy workshops Friday and on the floor Saturday with some social conservatives arguing that any leadership candidate who supported it would automatically lose their vote.

That didn't faze candidate and MP Maxime Bernier, who spoke in favour of the motion from the convention floor.

"It's about freedom and respect. It's about us and telling Canadians that you can love who you want and that you can be in love," he said. THE CANADIAN PRESS

FORT MCMURRAY

Expert warns of rate rise, but insurer insists that won't happen



Record-breaking insurance payouts after the Fort McMurray wildfire could lead to higher premiums according to one expert, but Alberta's largest insurer insists it has no plans to raise rates.

Anne Marie Thomas, an insurance expert with InsuranceHotline.com, said companies should have no problem paying out policy holders but will likely

face higher premiums from the re-insurance companies that protect them from large-scale losses.

"That, the majority of the time, gets passed along to the policy holder, being folks like you and me," Thomas said.

Rates could go up across Canada as a result, and new limits might be placed on certain types of coverage. For example, she said, after floods devastated some Alberta communities several years ago, many insurance companies increased the premiums for water damage coverage or limited the amount that they

would pay out in the future.

Insurance companies could also increase deductibles for home insurance.

With tens of thousands of residents being displaced by the Fort McMurray blaze for almost an entire month, Thomas says there could be changes made to additional living expenses in future policies.

"We could see changes to that coverage. If that's where insurers spent the majority of their claims payout, then that's where you might see the increase or the limits on coverage," she said.

Rosa Nelson, vice president of sales and business development with Intact — Alberta's largest insurer — said the company is looking at a net loss of \$130 million to \$160 million after tax, including reinstatement premiums.

Intact subsidiaries insure about 3,300 customers in Fort McMurray, but Nelson said customers should not worry about their rates going up.

"Events like that make us look

\$742M

The current highest insurance payout as a result of the Slave Lake fires.

at the product, but we don't go and then carte blanche raise rates for everybody across the province," she said.

The Fort McMurray fire could result in a total insurance payout between \$2.6 billion and \$9 billion, according to a report released earlier this month by BMO Capital Markets, which would be far-and-away a Canadian record.

The current highest payout was \$742 million as a result of

the 2011 Slave Lake wildfires, after which insurers took years to settle all their claims.

Nelson said Intact did not raise deductibles or premiums as a reaction to the Slave Lake blaze.

The company did, however, start working more closely with government on how and where communities are rebuilt, as well as what kinds of materials are used to build new homes.

"We've got some smart people who are able to ensure that we can cover events like this and it doesn't impact our financial stability," Nelson said.

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Data reveals snapshot of recruits

TERRORISM

Majority of those joining Daesh from Saudi Arabia

Entry date. Blood type. DoB and Nationality. Education. Employment. Would you like to be a fighter, martyr, security guard or administrator?

These are the questions Daesh recruits answer on an entry form when joining the group. Bureaucracy is not something that leaps to mind when thinking of terrorists, but Daesh has proven meticulous in its record-keeping and data entry.

In recent months, Daesh defectors have been leaking these to journalists and academics, providing an intriguing snapshot of who joins the group and how. One database, which lists more than 4,000 members, including information on 16 Canadians, was shared by researcher Amarnath Amarasingam and analyzed by Toronto Star data specialist Andrew Bailey. The most striking information gleaned is the vast diversity of recruits, debunking theories that there is a common Daesh profile.

Of the 4,078 entries, the average birth year is 1988,

which means most recruits were 25 or 26 when they arrived in Syria between 2013 and 2014, the period covered by the database. But more than 770 recruits are under the age of 21.

The number of recruits going to Syria peaked in July 2014, after Abu Bakr al-Baghdadi declared the group's caliphate.

The categories that list recruiters and those who facilitate travel would likely be valuable intelligence for law enforcement agencies trying to stem the flow of fighters.

The name Abu Muhammad al-Shimali is listed in more than 1,000 entries as a facilitator. While this is a kunya, or nickname, and difficult to confirm an identity, there is a well-known Daesh member who goes by that name and is being sought in connection with the 2015 Paris attacks.

The U.S. State Department's Rewards for Justice program lists 36-year-old Saudi citizen Tihad al-Jarba, known as Abu Muhammad al-Shimali, as the leader of the "Immigration and Logistics Committee," and is responsible for facilitating the travel of foreign fighters.

The majority of recruits in the database are from Saudi Arabia, but Tunisians make up the largest percentage per population. TORSTAR NEWS SERVICE

1988

The average birth year of Daesh recruits, meaning most were 25 or 26 when they arrived in Syria.

770

More than 770 Daesh recruits are under the age of 21, according to the database.



Filmon Selomon, right, Mabtom Tekle, center, and Awad Weldemariam look at the sea during an interview, in Sicily, Italy, on Sunday. They are three Eritrean survivors of an accident that might have produced the largest number of missing and presumed dead to date. Estimates range from around 400 to about 550 missing in that sinking alone. THE ASSOCIATED PRESS

REFUGEE CRISIS

Fears for more than 700 shipwrecked

Survivor accounts have pushed to more than 700 the number of refugees feared dead in Mediterranean Sea shipwrecks over three days in the past week, even as rescue ships saved thousands of others in daring operations.

The shipwrecks appear to account for the largest loss of life reported in the Mediterranean since April 2015, when a single ship sank with an estimated 800 people trapped inside. Humanitarian organizations say that many migrant boats sink without a trace, with the dead never found, and their fates only recounted by family members who report their failure to arrive in Europe.

"It really looks like that in the last period the situation is really worsening in the last week, if the news is confirmed," said Giovanna Di Benedetto, a Save the Children spokeswoman in Italy.

Warmer waters and calmer weather of late have only in-

creased the refugees' attempts to reach Europe.

The largest number of missing and presumed dead was aboard a wooden fishing boat being towed by another smugglers' boat from the Libyan port of Sabratha that sank Thursday. Estimates by police and humanitarian organizations, based on survivor accounts, range from around 400 to about 550 missing in that sinking alone.

One survivor from Eritrea, 21-year-old Filmon Selomon, told The Associated Press that water started seeping into the second boat after three hours of navigation, and that the migrants tried vainly to get the water out of the sinking boat.

"It was very hard because the water was coming from everywhere. We tried for six hours after which we said it was not possible anymore," he said through an interpreter.

He jumped into the water



People try to jump in the water right before their boat overturns off the Libyan coast. ITALIAN NAVY VIA THE ASSOCIATED PRESS

and swam to the other boat before the tow line on the navigable boat was cut to prevent it from sinking when the other went down.

A 17-year-old Eritrean, Mohammed Ali Imam, who arrived five days ago in another rescue, said one of the survivors told him that the second boat started taking on water when the first boat ran out of fuel.

Police said the line, which was

ordered cut by the commander when it was at full tension, whipped back, fatally slashing the neck of a female migrant.

According to Italian police, 300 people in the hold went down with the second boat when it sank, while around 200 on the upper deck jumped into the sea. Just 90 of those were saved, along with about 500 in the first boat.

THE ASSOCIATED PRESS

CINCINNATI ZOO

'Mommy loves you': Boy rescued after gorilla shot at zoo



A child touches the head of a gorilla statue where flowers have been placed outside the Gorilla World exhibit at the Cincinnati Zoo & Botanical Garden, on Sunday. THE ASSOCIATED PRESS

Panicked zoo visitors watched helplessly and shouted, "Stay calm!" while one woman yelled, "Mommy loves you!" as a 400-pound-plus gorilla loomed over a four-year-old boy who had fallen into a shallow moat at the Cincinnati Zoo.

The boy sat still in the water, looking up at the gorilla as the animal touched the child's hand and back. At one point, it looked as though the gorilla helped the youngster stand up.

Two witnesses said they thought the gorilla was trying to protect the boy at first before

getting spooked by the screams of onlookers. The animal then picked the child up out of the moat and dragged him to another spot inside the exhibit, zoo officials said.

Fearing for the boy's life, the zoo's dangerous-animal response team shot and killed the 17-year-old ape, named Harambe.

The child, whose name was not released, was released from Cincinnati Children's Hospital Medical Center on Saturday night, hours after the fall.

His family said in a statement Sunday that the boy was home

and doing fine.

"We extend our heartfelt thanks for the quick action by the Cincinnati Zoo staff. We know that this was a very difficult decision for them, and that they are grieving the loss of their gorilla," the family said.

Zoo Director Thane Maynard said the gorilla didn't appear to be attacking the child but was "an extremely strong" animal in an agitated situation. He said tranquilizing the gorilla wouldn't have knocked it out immediately, leaving the boy in danger.

"They made a tough choice

and they made the right choice because they saved that little boy's life," Maynard said.

Zoo officials said the 4-year-old climbed through a barrier at the Gorilla World exhibit and dropped 15 feet into the moat Saturday afternoon. He was in there for about 10 minutes. Two female gorillas also were in the enclosure.

Zoo staff cleared the area and visitors heard gunfire a few minutes later. Firefighters then rushed into the enclosure and picked up the boy.

THE ASSOCIATED PRESS

Going from stale to sweet

DOUGHNUTS

Krispy Kreme 'coming back with a vengeance'

When North Carolina-based Krispy Kreme launched in Canada in December 2001, people swarmed Toronto's Union Station for free samples and lined up around the block to wrap their lips around those sugary glazed treats. So whatever happened to the once-beloved brand north of the border?

"People ask us that all the time, but actually we never went away," says Chris Lindsay, partner and co-franchisee of Krispy Kreme's Canadian arm.

Lindsay is one of a new trio of Canadian investors who are looking to make dough again under the Krispy Kreme banner with a more measured growth plan than its original, not-so-sweet foray into the picky doughnut market here 15 years ago.

"There was almost too much hype then," says partner Keith



After a not-so-sweet history in Canada, Krispy Kreme is eyeing an expansion. TORSTAR NEWS SERVICE

Stein, a former Magna executive.

Things got stale fast amid a rapid expansion. The U.S. head office also required the former Canadian division to build expensive, giant stores that were about 5,000 square feet, which quickly ate into profits. Tim Hortons on every corner

didn't help either.

At its height over a decade ago there were 18 stores and 1,000 employees. Today there are just six locations in Canada.

It's the company's new café concept, which includes a "Hot Now" convection oven where customers have the option of getting their doughnuts

warmed up like they were just made. They also have everything from Kruffins (a muffin with a stuffed doughnut hole) and frozen drinks to a few savoury options like a bagel and cream cheese.

"This company is coming back with a vengeance," says Stein.

Two smaller Krispy Kremes are located in downtown Toronto, two in Quebec and one in B.C.

Krispy Kreme is now in 27 countries and the U.S. has 300 locations, or one quarter of the chain. The new Canadian corporate team estimates a roll-out of another 50 stores with a much smaller footprint this time across Ontario and Quebec over the next few years.

Of course Tims, with nearly 4,000 stores in Canada, won't be quaking in its Timbits, says Queen's University marketing professor Ken Wong, who sees Krispy Kreme as more of a specialty dessert chain like Mrs. Fields rather than a coffee shop.

"I don't think you'll see Krispy Kreme outlets on every corner but I think there is room for a smallish number of them in Toronto," he says.

Stein says the menu could expand because the brand is flexible, but they don't want to stray too far from their signature doughnuts and spread themselves too thin.

"We are small enough to be nimble in ways others can't be." TORSTAR NEWS SERVICE

UNITED STATES

Low loonie changing travel

Canadian travel to the United States hit a six-year low this winter as a weak loonie and lower airfares prompted more residents to visit other international destinations.

Last year's decrease of Canadian travellers to the U.S. continued in the first three months of 2016 as 4.38 million Canadian residents went across the border for at least one night, down 13 per cent from the same period in 2015 and matching a low set in 2010, according to data from Statistics Canada.

While interest in the U.S. has waned, 3.8 million Canadians travelled to other international destinations, up 6.2 per cent over the previous year and 33 per cent since 2010.

The low value of the loonie has also attracted more visitors to Canada. After holding steady for several years, American visits to Canada were up almost 20 per cent between January and March, while the number of visitors from other countries was up 10 per cent over 2015 and 26 per cent from 2010.

THE CANADIAN PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

The guy in the cubicle next to mine is loud and disruptive to the point where my work is being adversely affected. How do I deal with this without making the wrong impression?

Dear Ellen,

I recently got a new neighbour at work. We work in the same department, but I don't really know him. He is loud, constantly has people stopping by for non-work-related issues and keeps banging into our shared cubicle wall. I don't want to seem unfriendly, but it's interfering with my work. What's the best way to deal with this?

Dee

Dear Dee,

The most effective way to deal with this is simple behaviour modification. Mount a pail of ice water above your neighbour's desk, then jerry-rig a triggering device that tips the pail over and douses him every time his voice goes above 75 decibels or he jostles your cubicle wall.

Alternatively, you could arrange a collection of precious figurines along the top edge of your shared cubicle partition, making sure they fall and smash at the slightest disturbance, then present him with the bill.

Musical chimes are also worth considering. Mount them all over your cubicle and let the torturous tinkling begin as the tremors roll in from the new guy's antics.

The possibilities are endless! And tempting. And, alas, potentially illegal.

But, worst of all, they are impolite.

As with virtually all relationship problems, your first resort must be to speak directly

to the party on the other side of the problem. This is challenging, I know. In my cowardly youth, I once left the continent for six months rather than confront a friend about a minor transgression, which I now can't even remember. A lot of us were taught from childhood to keep our traps shut and pretend everything is just fine dammit, which is a useful skill in some etiquette situations, but a terrible handicap when it comes to honest communication.

And everyone deserves honest communication — even the rampaging loud in the next cubicle. It's important to tell him that his loud conversations and partition-banging

are making it hard for you to work.

It's also important to tell him this in a non-confrontational manner. If you're afraid of appearing unfriendly, you might even bring a coffee and muffin along to the conversation, which will show you are acting in good faith and set the tone for a friendly chat.

You can also keep things civilized by beginning or ending the chat with questions about how he's doing in his new position. But you have to take a big, deep breath and mean it. Don't feign politeness. People can smell that passive-aggressive stuff a mile away, and it makes them justifiably angry, which is what you don't want. What you do

want is for this guy to realize how oblivious he's been, be sorry and attempt to change his ways.

Unfortunately, if he's truly a selfish boor, the whole honest, coffee-muffin-and-a-side-of-sincerity approach will feel like a pointless exercise. But it's not. You owe it to yourself to do the right thing first. If it doesn't work, well, all bets are off: you may, with a clear conscience, complain to co-workers about this antisocial clown, ask your supervisor for help, invoice the department for earplugs, or rig up that pail of ice water.

Need advice?
Email Ellen:
scene@metronews.ca



© Ani Castillo

ROSEMARY WESTWOOD

Towards a complete taxonomy of Canadian summer sidewalkers

A friend was nearly bowled over the other day by a man on a mission.

"I'm just trying to walk in a straight line!" he bellowed as he pressed by.

She was unhurt, but stranded on the wrong side of the sidewalk sign outside the café she was angling for.

It didn't have to go that way. He could have simply adjusted his trajectory 30 degrees or so, and they would have both had room. But 30 degrees was just too much for him that day, it seems. And to a degree, I sympathize.

Summer is a season of many things, but few so acutely felt as sidewalk navigation. Streets that, during winter months, you had to yourself are suddenly bursting with biped meanderers; now, instead of simply going to the shops, you must first complete a complex obstacle course.

It's my belief that you can tell much about a person by the way they walk down a sidewalk.

There is the clueless walker, oblivious to all around them, like a daydreaming child. What are they looking at? It's impossible to say. But one thing they are definitely not looking at is other people, trying to get by. Who actually have things to do.

There is the daredevil walker whose every outing is a game of chicken. You lock eyes. "I see you," his say. "And I will not move." He

sets his body like battering ram, and if you dare test his mettle, you could end up bumping right into him, chest to chest.

There is the cozy couple who, by virtue of their relationship, believe they deserve to take up the full width of the sidewalk. They're not going to shimmy into single file for even a split second to avoid any oncoming traffic. They're together.

There is the abrupt stopper who seems so confused by his chosen path that he'll stop short to get his bearings. It immediately becomes clear that he has no bearings.

There is the child who can be forgiven for walking like a drunk because her brain isn't fully developed, let alone her conception of sidewalk etiquette.

Add to these: the diagonal walker, who can't pick a lane and stick to it; the capitulator, my kin, who will shift direction or even cross the street in a mix of deference (to her city-mates) and selfishness (never sacrificing her own pace).

Part of me wishes everyone would disappear. Then I'd experience less bubbling rage. But that wouldn't be very urban-minded of me. The whole point of a city is to communally partake of all that's on offer. And no matter how much you may feel you own it — no single sidewalk was built just for you.

Everyone deserves honest communication — even the rampaging loud in the next cubicle.

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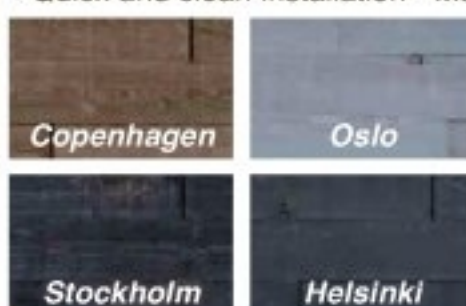
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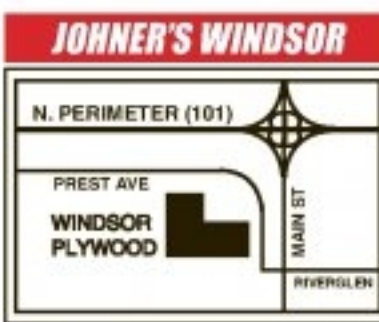
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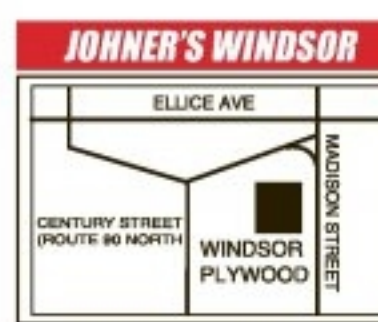
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Giving a voice to the voiceless

NEW RADIO SHOW

Candy Palmater is ready to bring Canada a fresh perspective

Megan Haynes

For Metro Canada



Toronto-based Candy Palmater is a bit of an overachiever: the youngest of six, she graduated law school at the top of the class and was the first Mi'kmaq to land a job at a Halifax law firm.

But that wasn't quite the right fit for Palmater, so she quit her job and ventured into comedy, taking the stage across the country. This led to a four-season TV show on the Aboriginal Peoples Television Network, and now she's joined the ranks of CBC hosts, lending her voice to the radio waves with a new two-hour daily series. Metro caught up with Palmater to hear more about what brought her to this point.

In previous interviews, you've said you've struggled not to be put into specific boxes...

It's been my lifelong quest.

I've always been somebody who colours outside the lines. It's the whole reason I stopped being a lawyer — I never felt further away from myself than



'I'm queer, a menopausal woman. I'm Mi'kmaq. There are so many things about me that make my perspective different than what you're used to hearing on national radio,' says Candy Palmater. CONTRIBUTED

when I was a lawyer.

What prompted you to get into law in the first place?

I've always had the urge to give voice to people who don't have a voice. At 25, I couldn't think of another way to do that than becoming a lawyer. I always had the notion that's where

advocacy lived. When I got to law school, there was a lot of talk that no Mi'kmaq person had ever been hired at a firm. So I drank the Kool-Aid and thought, "I have to get hired at a firm." And I was.

(But) suddenly I woke up as a lawyer and (thinking) what have I done?

How does being an entertainer help you be an advocate?

For two hours a day on the radio, my perspective will be so different than the perspective you normally hear on the radio. I'm queer, a menopausal woman. I'm Mi'kmaq. There are so many things

about me that make my perspective different than what you're used to hearing on national radio.

Why is it important to have that voice?

The country is made up of such a diverse group of people — particularly for the public broadcast-

CATCH IT

The Candy Palmater show launches May 30. It airs weekdays Monday to Friday on CBC Radio One at 1 p.m.

er. People have to hear themselves reflected. There needs to be an opportunity for people to say "here's where I belong."

If your experience is never reflected to you — in movies, in books, in TV — it's very isolating.

Has anyone told you about when you inspired them?

I was at a big event (doing a) comedy show and I talked about how I met my wife. Later, I got an email from a kid who was in the audience.

He said "I was bummed about going to this (show): it was going to be all native kids, and I'm gay."

In the First Nations community we're still not embracing and open to queer culture. So he said, "I'll have to be someone else. But there you were at 8 a.m. talking about your big, gay self and everybody loved you."

He went home that night and asked his parents if they knew who Candy Palmater is, and they said yes, they knew me personally.

He asked if they knew I was gay, and they said yes. So he came out to his parents because he thought if they were OK with me being gay, they'd probably be okay with him being gay. And they were.



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Buy now, pay later can be a sneaky trap

YOUR MONEY

**If you're trying
to beat the
system, know
the pitfalls**

**Gail
Vaz-Oxlade**
For Metro Canada



The Buy Now, Pay Later (BNPL) world is a way to get what you want without having to figure out what you have to give up in exchange. As if that's not dumb enough, some folks think they're smarter than the system.

There are the folks who decide to keep their money in the bank to earn interest until the due date.

They fully intend to make a payment in full before the debt-interest clock clicks on. But then a funny thing happens. Since they have lotsa' lotsa money in the bank, people get a distorted view of their financial reality.

Seeing that money sitting there makes them feel richer than they actually are. So despite the fact that the money has already been spent, it acts as a barrier to saving more. Or worse, it gives folks the confidence to spend money they would normally save.

It's a psychological thing, and when it kicks in it can lead to some really destructive decisions.

Then there are the guys who plan to make the monthly payments that will get them paid off by the due date. They take their total amount and divide by the number of months they have and make those payments every month. Or so they plan. But there's many a slip and this plan often goes wrong in a couple of ways:

1. If you can't abide the idea of the debt just hanging out there then there's a lot of wasted psychological energy around worrying, thinking, imagining, while the payments are being made.

2. As soon as an unexpected expense pops up, you defer your "interest free" payment promising yourself that you'll catch up next month. Then you'll do it again. And again. Oops. Here comes the deadline, there's no money, and the rapacious interest rate kicks in retroactive to the date you took that stuff home.

BNPLs also snap shut with a wicked bite if you're even slightly off on your calculations. If you're going to use



Some shoppers decide to keep their money in the bank until the due date of a Buy Now Pay Later deal, but this can give you a distorted view of your financial reality. ISTOCK

People are always messing up, making a payment late or not having the entire balance paid in full by the due date.

Gail Vaz-Oxlade

one to your advantage, cut back your repayment period by a couple of months.

So, if you're entering into a 15-month BNPL, you actually base your repayment schedule on 13 months to make sure you're clear of the due date well in advance.

People are always messing up, making a payment late or not having the entire balance paid in full by the due date. Those mistakes are very costly. That "No Interest" jumps to a whopping 30 per cent overnight, making moot the 1 per cent they've been earning by keeping their money

in the bank.

The biggest problem with BNPL is the ease with which people can take home stuff they have yet to pay for, making it feel like they got a special deal, and leaving them with the euphoria of purchase without the pain of payment as an off-set.

Physiologically we need this balance to help us prioritize. Removing one side of the equation lets us delude ourselves.

For more money advice, visit Gail's website at gailvazoxlade.com

Depp quiet as Heard claims violence

DIVORCE

Actress alleges history of abuse, seeks spousal support

Johnny Depp seemed the picture of rock star cool as he played guitar on stage in Portugal with his band, the Hollywood Vampires. An ocean away, he is facing serious accusations.

A judge on Friday ordered Depp to stay away from estranged wife, Amber Heard, after she accused the Oscar-nominated actor of repeatedly hitting her during a recent fight and leaving her face bruised.

Depp's publicist has not responded to a request for comment, and the Pirates of the Caribbean star made no mention of the allegations during his Friday night concert in Lisbon.

Depp appeared on stage puffing a small cigar and playing rhythm-guitar to a large crowd that had gathered for a Rock in Rio concert.

The 52-year-old was introduced to the cheering audience as "the wings of the vampire"



Top: Johnny Depp in a file photo. Bottom: Amber Heard leaves Los Angeles Superior Court on May 27, after giving a sworn declaration that her husband Johnny Depp threw her cellphone at her during a fight Saturday, striking her cheek and eye.

TOP: GETTY IMAGES, BOTTOM: THE ASSOCIATED PRESS

by band-member Alice Cooper.

The restraining order was issued on the day Depp's latest film, *Alice Through the Looking Glass*, opened in theatres and caps a turbulent week for the star.

His mother died May 20 and

Heard filed for divorce on Monday. On Friday, she appeared in court with a bruise on her right cheek below the eye, saying Depp threw her cellphone at her during a fight.

Heard's filing alleges a history of abuse throughout her

relationship with Depp, which started after they met on the set of the 2011 film *The Rum Diary*.

A judge ordered Depp to stay away from Heard and not to attempt contact with her before a June 17 hearing.

Los Angeles Police responded

to a domestic violence call at the couple's home on May 21, but the person who made the call declined to file charges and officers determined no crime occurred.

Los Angeles Superior Court Judge Carl H. Moor rejected

Heard's request that Depp attend a year's worth of anger management classes and the protective order extend to her dog, a Yorkshire terrier named Pistol.

The status of the couple's other dog, Boo, was not immediately known. (The dogs received worldwide publicity last year when Heard brought them into Australia without proper documentation. Heard and Depp released an awkward video last month apologizing for the action.)

Depp's attorney, Laura Wasser, declined to comment. Wasser wrote in a court filing that Depp was out of the country and would agree to a mutual stay-away order. Heard is seeking spousal support but Depp's response filed Wednesday asked a judge to deny the request.

Last year, he and the Hollywood Vampires — Cooper and Joe Perry — released their self-titled album.

His new Tim Burton-directed film, *Alice Through the Looking Glass*, a sequel to 2010's *Alice in Wonderland*, has been critically panned and is performing below expectations going into the holiday weekend.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Preacher fuelled by testosterone poisoning

THE SHOW: *Preacher*, Season 1, Episode 1 (AMC)

THE MOMENT: The inflight fight

In midair on a private jet, Cassidy (Joseph Gilgun) — the Devil masquerading as an Irish bartender — cuts lines of cocaine, packs bong hits and pours booze for a half-dozen business bros.

But in the loo, he finds something strange: a Bible, marked with phrases like "Wrath is love."

"They found me," he says — then erupts in violence. He smashes the bong and stabs a bro with it. He turns an aerosol can into a flamethrower.

The bros pull out unlikely weapons (crossbow, spear, axe), which Cassidy uses to kill them.

"Go to hell, Abomination," says the co-pilot, just before Cassidy bites through his jugular. For his finale, he stabs the pilot in the heart with a jagged champagne bottle, then tips the bottle and collects the blood that pours out.

Holding only an umbrella, he jumps out of the plane,



Cassidy (Joseph Gilgun) goes on the offensive on a private jet in *Preacher*. CONTRIBUTED

and — smash cut to a splat of ketchup on a dinner plate.

Cue the angry emails, but *Preacher* is such Boy TV (Bodies are icky! Being naughty is fun!). Based on the comic book series written by Garth Ennis and drawn by Steve Dillon, *Preacher* is shepherded by Seth Rogen and Evan Goldberg, and fuelled by testosterone poisoning.

It's hard on the eyes: Quick cuts! Zoom-ins! Whip pans! — and harder on the stomach:

Twisted intestines! Still-beating hearts!

There's the requisite Hot Tough Chick, Unnecessarily Complicated Mythology, and Wham! Stab! Pow! fights.

And this is Episode 1. I have no doubt there's lots of puking and pants-crapping ahead.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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YOU CAN DO THIS MEDICAL ASSISTANT

'I never feel stagnant'

WHY I LIKE MY JOB

Stevie Blanchard, 28, Medical Office Assistant at Preventous Cosmetic Medicine

I always knew I would choose a career that involved helping others. I graduated from Okanagan College in British Columbia with a Unit Clerk/Medical Office Assistant diploma. There, I received extensive training in numerous areas of the medical field including transcription, medical terminology and electronic medical record systems. In addition, I participated in various workshops and obtained practicum training that helped prepare me to work in a medical setting.

The choice to work in health care came naturally to me. I wanted a career that was challenging and allowed me to make a difference, yet was flexible enough for me to spend time with family. What excites me the most is that health care is a continuously evolving field so I never feel stagnant.

Some of my duties include booking and confirming appointments, maintaining confidential medical files and records, and ensuring effective office procedures. I also really enjoy the interactions and relationships I develop with clients. Nothing makes me happier than ensuring our clients' needs are taken care of from the moment they arrive and beyond.



THE BASICS: Medical Assistant

\$39,547

Median wage of entry- to intermediate-level medical assistants. Advanced professionals in this field, such as medical office managers or executive secretaries, can earn upwards of **\$60,000** annually.

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The amount of growth expected in this field over the next 8 years

HOW TO START

Although medical assistants don't need to obtain a specific certificate or licence to work in the field, suggested credentials include a post-secondary diploma or certificate in health care administration or medical administrative services. Programs typically span two years or less.

WHERE YOU CAN GO

An aspiring medical assistant can expect to find work in varying environments, including walk-in clinics, dental centres, nursing homes, insurance firms and public health agencies. The career outlook is particularly bright due to higher projected retirement rates and slightly above average turnover rates. Job duties have diversified to include office reception and basic accounting; however, responsibilities tend to be more advanced or management-based than those of non-medical administrative workers.

NEXT CAREER STEP

Those interested in this career path or currently seeking advancement may opt for additional training in medical terminology, patient relations, medical office software and health care policies. Generally, a medical assistant will advance progressively to a senior admin role as they gain more experience in report writing and health record maintenance, office communications and day-to-day financial matters.



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Spots still up for grabs at Bombers training camp

CFL

Newcomers and veteran role players eye team's voids

Darrin Bauming
For Metro

The Winnipeg Blue Bombers enter 2016 with a bunch of shiny new toys after a bustling free agency period. While many of the exciting new names fit immediately into the starting lineup, there are five open spots that training camp will determine before the club opens its regular season June 24 at Investors Group Field.

RECEIVER

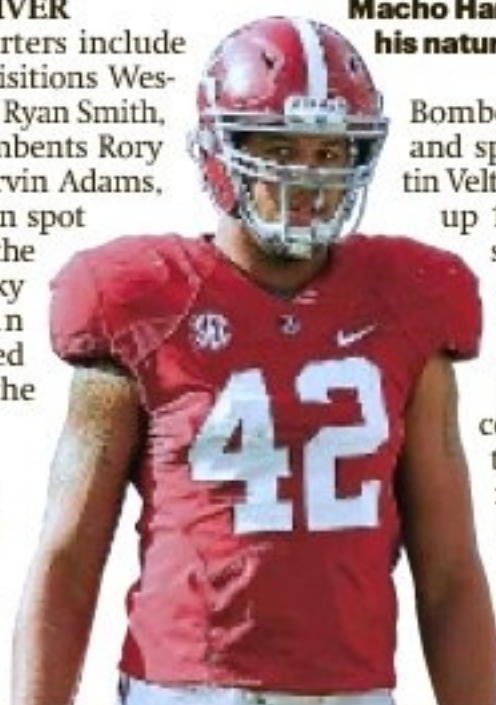
Projected starters include free agent acquisitions Weston Dressler and Ryan Smith, as well as incumbents Rory Kohlert and Darvin Adams, leaving one open spot up for grabs. In the running are lanky wideout Kevin Cone who started one game for the

Adrian Hubbard's six-foot-six, 255-pound frame gives him an edge at rush end.

GETTY IMAGES FILE



Macho Harris, left, played as a linebacker with the Roughriders. He could move back to his natural position at safety with the Blue Bombers. GETTY IMAGES FILE



Bombers in 2015, and speedster Justin Veltung who put up 189 yards in seven games. In search of some size to complement the receiving corps, the frontrunners amongst newcomers appear to be six-foot-one, 210-pound wideout

Jace Davis, who head coach Mike O'Shea said "popped" off the page in rookie camp, as well as Julian Talley and Gerard Sheppard.

LEFT GUARD

Always an area of heated conversation amongst fans is Winnipeg's offensive line. The returning starters are Stanley Bryant, Matthias Goossen, Sukh Chungh, and Pat Neufeld, leaving a battle for the open spot at guard. Incumbent Jace Daniels is coming off an injury-shortened 2015, but the club re-signed the

two-year CFL veteran (10 starts) to a two-year contract over the winter. Pushing Daniels will be Jermarcus Hardrick who has 18 CFL starts over the last two seasons, as well as American rookie Travis Bond and 2016 10th-overall draft pick Michael Couture.

RUSH END

The Bombers are looking for the bookend to 2015 league all-star Jamaal Westerman who racked up 17 sacks in his first season since migrating from the NFL. Returning are Justin Cole, a

vet of 20 NFL games that showed flashes in the handful he played for Winnipeg last year, and Darrell Johnson who possesses some serious burst off the line. A name to watch is Adrian Hubbard, whose six-foot-six, 255-pound frame is suited perfectly for the Canadian game.

DEFENSIVE BACK

While this open spot may shift around as camp progresses and defensive co-ordinator Richie Hall shuffles his veterans from corner to halfback to safety, the club is looking for someone to emerge as rookie Johnny Adams did in 2015 where he was named a West Division all-star cornerback. Veterans Chris Randle and Bruce Johnson are locks with their names on new contracts, while Julian Posey got a start in the final game last year. A name to watch is Kevin Fogg, who is already opening eyes.

SAFETY

With Maurice Leggett supplanting Randle at strongside linebacker, and Randle moving back to his natural spot at corner, Winnipeg brought in four-year CFL vet Macho Harris from Saskatchewan. Harris, who was likely mis-cast as a linebacker with the Riders, looks to move back to his natural position. Pushing for a spot is CFL rookie Johnny Patrick who has been out of football for two years due to a concussion, but has the experience of 37 NFL games under his belt.

BLUE BOMBERS

D-line looking to 'whip some tail'

Keith Shologan has the experience to inject some toughness into the Blue Bombers' revamped defensive line.

Growing up on an Alberta feed lot with purebred angus and simmental cattle, Shologan learned not to be a push-over — just the kind of trait the Bombers are hoping for a unit that's minus three starters from last season.

"We used to break them and show cattle," Shologan said after the Bombers opened main training camp Sunday with



Keith Shologan
GETTY IMAGES FILE

more than 80 players at Investors Group Field.

The former Ottawa Redblacks tackle was one of two key free-agent signings for Winnipeg's defensive line after the CFL club cut ties with starters Zach Anderson, Greg Peach and Bryant Turner.

Import tackle Euclid Cummings also left the Toronto Argonauts to join the line, which only has defensive end Jamaal Westerman left as a starter.



They're very explosive guys.

Jamaal Westerman on newcomers Keith Shologan and Euclid Cummings

The trio don't yet know who'll fill the other end spot, but it could be one of returnees Justin Cole, Nate Collins and Derrell Johnson or a newcomer.

What there is no doubt about is that the front four has to become more feared.

"I don't think anybody needs to be a mean player," said Shologan, who's heading into his ninth season after spending the first six with Saskatchewan.

"Nasty yeah, and a guy that's going to go hard and be consistent and whip some tail."

THE CANADIAN PRESS

BASEBALL

Goldeyes ready to open up home schedule

Winnipeg Goldeyes manager Rick Forney knows how to build a winner.

Impressively, Forney and the Fish are perennial contenders in the American Association of Independent Baseball. Consider, in the high roster-turnover league of unaffiliated ball, Winnipeg has made the playoffs eight of the last 10 years.

As the grizzled skipper enters his 11th season in charge of the Goldeyes — and in search of his second AA championship, and

the franchise's third — Forney has once again compiled a roster eyeing gold come the September post-season.

Winnipeg's 2016 home opener goes Monday night at Shaw Park, and as they do annually to dodge any foul May Manitoba weather, the league's only Canadian-based club began its regular-season schedule down south. The Fish currently hold the second-best record in the 12-team American Association at 6-4, one game back of their

+ HOMESTAND

Winnipeg begins a four-game series Monday night at Shaw Park against division rival Sioux Falls before welcoming Lincoln for three over the weekend.

heated rivals from St. Paul, who sit atop the North Division, albeit with 90 games to play before the playoffs.

The Goldeyes opened the season with a dominant 8-1 win over the Joplin Blasters, going on to win series against both the Laredo Lemurs and Lincoln Saltdogs, and splitting their four-game set in Joplin.

Leading the way for Winnipeg is a pitching staff Forney has described as the strongest he's had in years. Following seven shutout innings Sunday in Lincoln, lefty Kyle Anderson is now 2-0 with a sterling 0.67 ERA through 13-1/3 total innings.

Fellow starter Mickey O'Brien is also 2-0 with a 2.91 ERA in 2016, and tossed a no-hitter last year as a member of the Baltimore Orioles high-A affiliate.

Bats to watch for in 2016 include fan-favourite and former major-leaguer Reggie Abercrombie, returning outfielder Adam Heisler who went 4-for-4 with five RBIs on Saturday, and newcomer David Rohm who has roared out of the gate with a league-leading .471 batting average. DARRIN BAUMING/FOR METRO

NHL peak back in sight after long climb

STANLEY CUP FINAL

After various setbacks, Sid the Kid on edge of another title

There was a time when it was unclear if Sidney Crosby would ever play again, let alone reach another Stanley Cup final.

For more than a year, from January 2011 until March 2012, the effects of a concussion cast doubts over the health and future of the most talented Canadian hockey player. Would Crosby ever play again? Should he ever play again? Was he capable of ascending back to the heights of the sport?

Chris Kunitz remembers the fear he felt almost running into his teammate on the ice during his long road back from those concussion issues.

"You're unsure. When (you were) on the ice (you were) scared for him," Kunitz, a longtime

teammate, recalled on Stanley Cup final media day.

"Obviously he's come a long way and he's got back to the point he left at."

Crosby's trip back to his third Stanley Cup final has been a roller-coaster, one which saw him plunge into the deep unknowns of a concussion only to rise again as one of the game's top players.

It was around 18 months after he won his first and only Stanley

Cup in 2009 that Crosby's career ventured into unsettling territory after he was hit unsuspectingly by then-Capitals centre David Steckel at the 2011 Winter Classic.

Some wondered whether Crosby should retire.

"I would guess everybody in hockey would be worried about him," Pascal Dupuis, a teammate of Crosby's since 2008, said of that time.

Crosby missed more than 100 games in all with the injury.

Dupuis, who retired in December due to blood clots, remembers it taking "forever" for Crosby to come back, though he believes Crosby's patience was key to eventually moving past the injury.

"I think he did it the right way," said Dupuis.

"How long has it been now?"

Indeed,

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329

Nobody in the NHL has more points over the past four seasons than the Penguins captain. No one's really even close. Patrick Kane ranks second over that stretch with 35 points fewer points (329-294).

a career that was once threatened has reverted to its expected course.

Crosby won the scoring race by 17 points in 2014, capturing his second Art Ross Trophy and his second Hart Trophy as the league's MVP.

Crosby finished third in the scoring race this past season and is up for another MVP. He was the league's most dominant player in a second half that saw the Penguins surge under new head coach Mike Sullivan.

Crosby, sporting a thin, patchy beard, says he has a better understanding of all that comes with chasing the Cup, his third attempt and first in seven years. He's also thankful to get another shot given his once murky status.

"I think I appreciated it prior to going through some of those things and I think now having gone through those things I definitely appreciate it more," Crosby said. "I think I realize how tough it is to get to this point."

THE CANADIAN PRESS

MEMORIAL CUP FINAL

Knights overcome Huskies in overtime

The London Knights can call themselves the best team in the Canadian Hockey League.

Matthew Tkachuk scored his second goal of the game 7:49 into overtime as the Knights captured the 2016 Memorial Cup on Sunday by downing the Rouyn-Noranda Huskies 3-2.

It's London's second Memorial Cup, with its other coming in 2005.

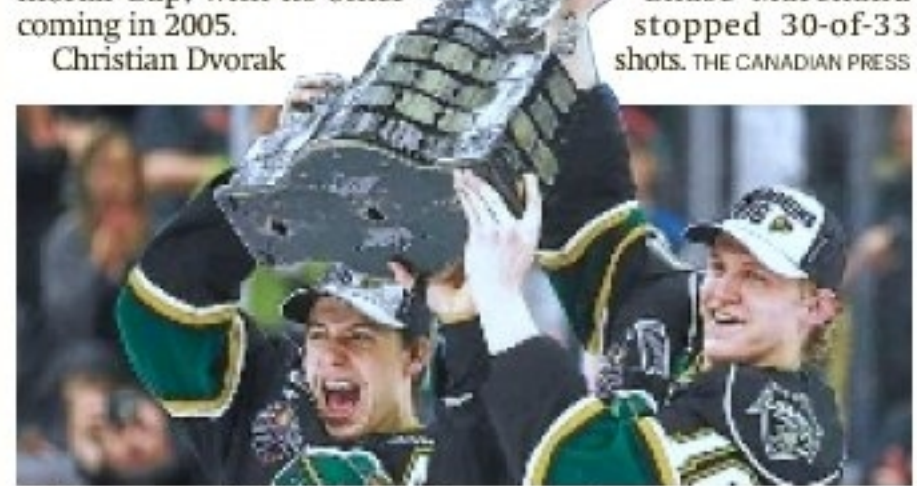
Christian Dvorak

also scored for the Knights, who entered the final on a 16-game win streak. Tyler Parsons made 29 saves.

London's Mitchell Marner was named the tournament's most valuable player.

Francis Perron and Julien Nantel scored for the Huskies.

Chase Marchand stopped 30-of-33 shots. THE CANADIAN PRESS



Mitch Marner, left, and Christian Dvorak. THE CANADIAN PRESS

IN BRIEF

Milos bows out in Paris

Milos Raonic is out of the French Open.

The eighth-seeded Canadian lost 6-2, 6-4, 6-4 to Albert Ramos-Vinolas in the fourth round in front of new coach John McEnroe on Sunday.

The 55th-ranked player from Spain is into the quarter-finals of a major for the first time, having never made it past the second round of 18 previous Grand Slam tournaments.

THE CANADIAN PRESS

Rossi wins on fumes at Indy

Alexander Rossi has won the 100th running of the Indianapolis 500.

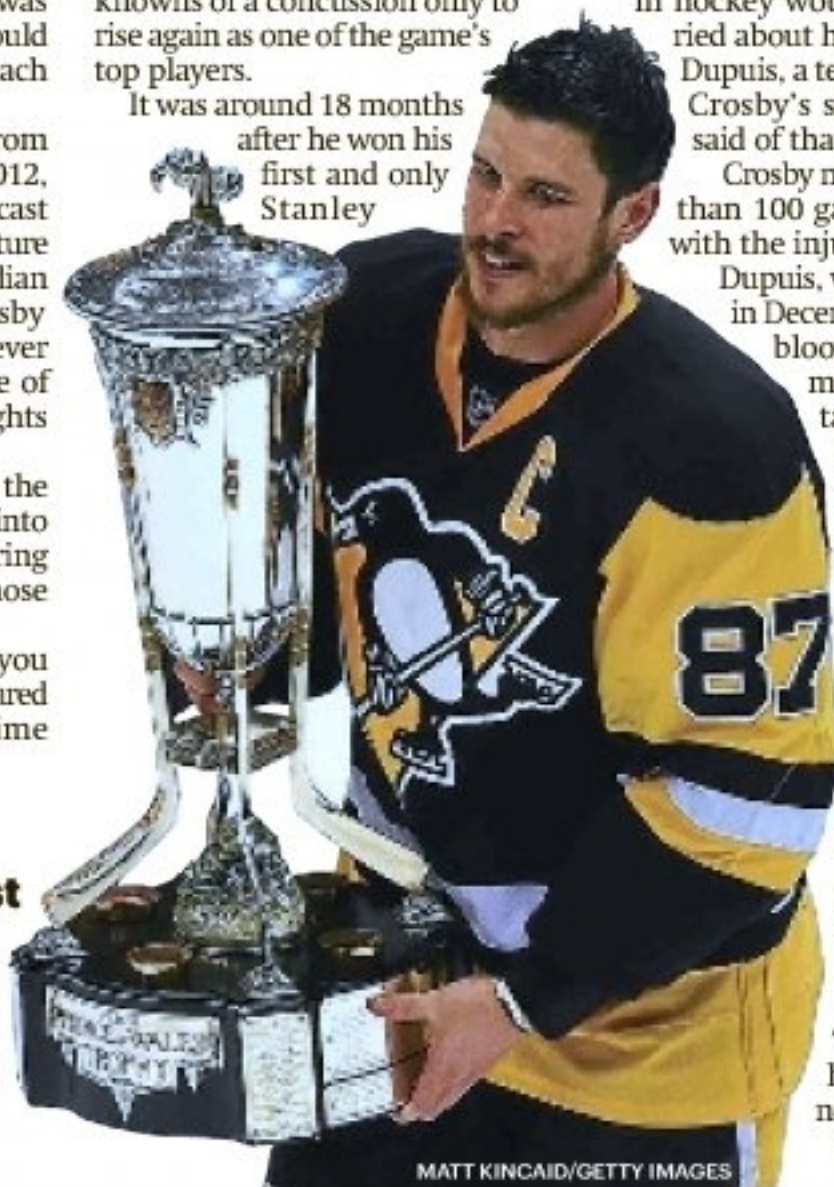
The rookie managed to conserve fuel while the leaders pit in the closing laps Sunday, coasting across the finish line on fumes to give Andretti Herta Autosport a stunning victory in the centennial race.

Carlos Munoz was forced to pit for fuel from the lead with four laps to go, allowing Rossi to assume the lead.

THE ASSOCIATED PRESS

“Probably the most mature 28-year-old you’ll see on the planet.”

Former teammate Pascal Dupuis on Sidney Crosby



MATT KINCAID/GETTY IMAGES

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NBA FINALS

Another chance for Warriors to be great

After a record 73 wins and a memorable Game 6 comeback on the road, the Golden State Warriors' goal of getting back to the NBA Finals and defending their title comes down to Game 7 at home against the powerful Oklahoma City Thunder.

All along, the Warriors have said the numerous team milestones and personal accomplishments they set during this special season won't matter a bit unless they repeat as champions.

They need one more win to become the 10th team to rally from a 3-1 post-season deficit.

Coach of the Year Kerr wanted his Warriors to grab back

some momentum from Kevin Durant and the Thunder. Now, they have it heading into the decisive game of the Western Conference finals Monday night.

When his team won Game 5 on Thursday night, MVP Stephen Curry hollered "We ain't going home!" — and Golden State wants no part of the Thunder having the last say in the Warriors' summer plans.

"We got a big one last night to stay alive, and now we've got some momentum. But it can work in reverse," Kerr said. "One game changes everything, and we've got to come out and play our game." THE ASSOCIATED PRESS

“I’ll be ready to go and give it everything I’ve got for Game 7.”

NBA MVP Steph Curry

RECIPE Easiest Tomato Tart



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This simple, summery tart is elegant enough to serve to guests but easy enough to whip together for yourself.

Ready in
Prep time: 5 minutes
Cook time: 25 minutes

- Ingredients**
- 1 sheet of puff pastry
 - 2 Tbsps olive oil, approximately
 - 1 pint of cherry tomatoes
 - 1/4 cup fresh basil, chopped
 - 1/2 cup grated mozzarella cheese
 - 1/2 cup grated Parmesan cheese
 - salt and pepper to taste

Directions

1. Preheat oven to 400 degrees. Most puff pastries come in a package with two sheets of dough. You'll only need to use the one.

2. Tear off a 18-inch sheet of parchment paper. Place the paper on a work surface and lightly flour it. Roll the pastry out on the paper until it is an 8 by 12 inch rectangle. Carefully place the paper on a baking sheet. Use a fork to poke holes all over the dough. Take a small, sharp knife and create a border about 1/2 inch in, all around the rectangle. Be careful not to cut all the way through!

3. Drizzle the oil over the pastry. Now scatter the cheese across the dough and place tomatoes on top. Sprinkle your herbs on top and add a pinch of salt and pepper.

4. Place in a hot oven for 20 to 25 minutes until the pastry is golden and the cheese is bubbling. Allow to cool slightly before cutting.

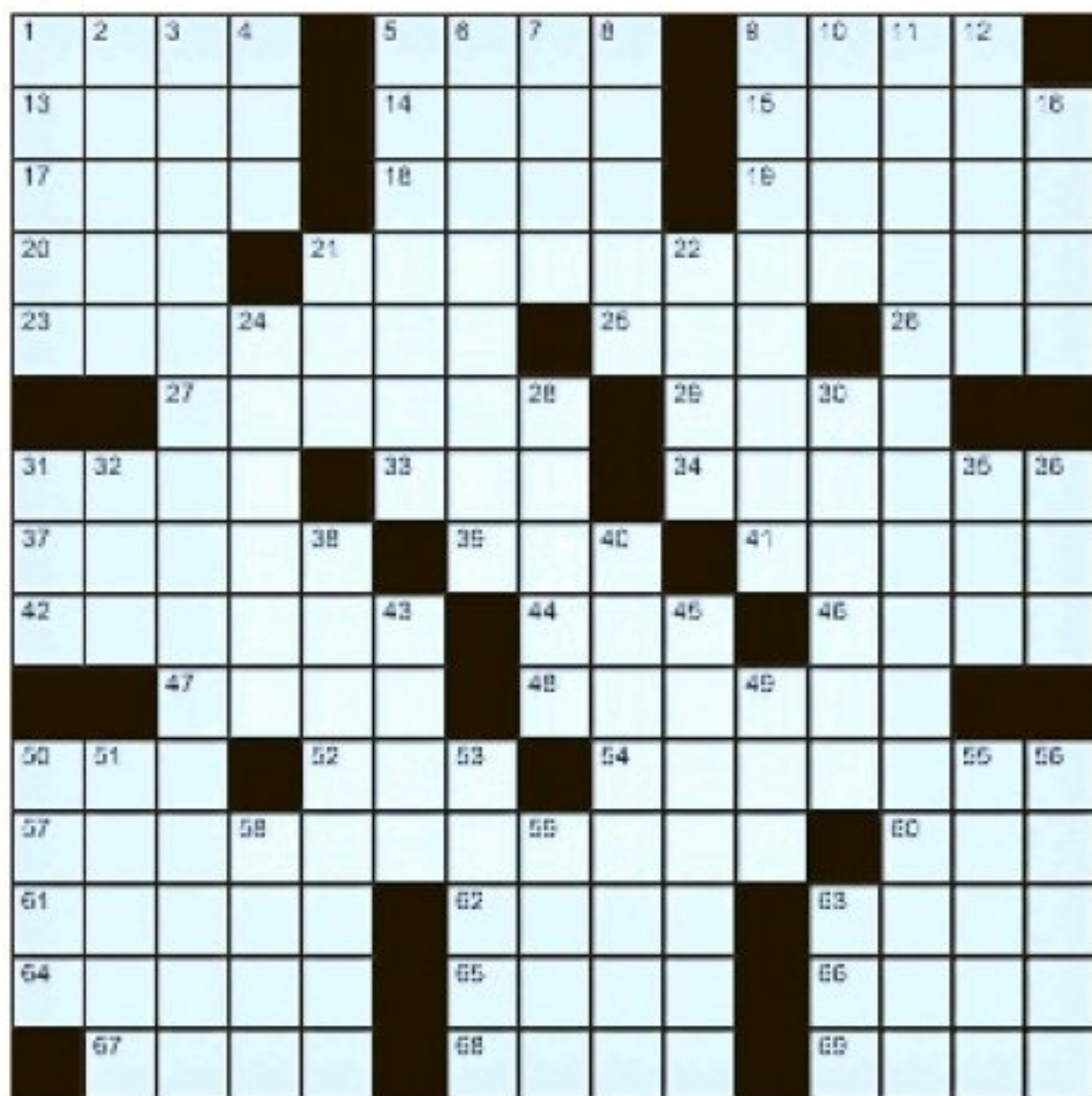
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Ex-One Direction member, singer of "Like I Would"
- Canadian ice dancer, _Lynn Bourne
- Naja Hajes
- Heroic verse
- Had in hand
- River of Germany
- French pronoun
- John Mellencamp's "Get __ Up"
- Terra __
- Sort
- Customers might ask for them in stores for any products without a tag on them: 2 wds.
- Around-the-clock
- Sensitive
- Writer Mr. Milne's
- "__!" (Retort to a rather clever barb)
- Retreat
- Largest freshwater lake of Japan
- 'Stock' suffix
- Particular pronoun
- Russian pancake
- Pouch
- Alexander's nickname
- In a detached manner
- Active ingred. in marijuana
- Greatest
- Comickom's Olive, and sumamesakes
- Dr. Jason __ (Alan Thicke's "Growing Pains" role)
- "Mazel __!"
- Not specialized [abbr.]
- Progresses



- New Brunswick's provincial capital
- "Hal See __ care."
- Heretofore: 2 wds.
- Stuff
- Land unit
- A famous Tea
- Real

- Subj. with maps
67. __covered iron
- Fewer
- Feudal labourer

- Gabrielle __ The Storied Life of A.J. Fikry novelist
- 2007: "Dancing with the Stars" Season 4 champ Mr. Anton Ohno
- Shania Twain's "Don't Be Stupid (____)"
- "Laughter in the Rain" singer...his initials-sharers
- 1979: "My __" by

- The Knack
- Chopper takeoff/landing spots
- Mr. Baldwin
- Lawn __ (Grass trimming tool)
- Grand church entrances
- Sandal or pump
- Grooming, veter-

- inarian, obedience classes, etc.: 3 wds.
- __ Spruce (Big tree along coastal British Columbia)
- Northern BC's __ River
- Liq. measures
- Tranquil
- Beer/lemonade drink
- Marsh matters
- "The Jeffersons" star Ms. Sanford
- Eng. network
- UN workers' gr.
- J.R. Ewing's portray-er's initials-sharers
- Frying pan excess
- Holler heard when the phone rings!: 3 wds.
- Fastest spotted big cats
- Flanders river
- Rollicks
- Max Sybow link
- Brand of frying pan
- Canadian figure skating great Brian
- 1979: "Making Plans for __" by XTC
- Actor Zac
- Steven Seagal movie, "Under __" (1992)
- House rooms
- 1991: "Finally" by __ Peniston
- Human's on-the-planet number

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you can see new sources of income or new uses for something you own because you are in a resourceful frame of mind. You will impress bosses and VIPs.

Taurus April 21 - May 21
Today you are intrigued with mysteries, puzzles and finding solutions to strange problems. In a way, you have the mind of a sleuth.

Gemini May 22 - June 21
Any kind of research will go well today, because your mind is probing and insightful. You want answers to old problems, and you will leave no stone unturned.

Cancer June 22 - July 23
You might attract someone powerful to you today. In any event, conversations with friends or members of groups will be intense and will focus on serious subjects.

Leo July 24 - Aug. 23
Discussions with bosses, parents and VIPs will be intense and powerful today. You might want to pull your punches because you don't want to overwhelm anyone.

Virgo Aug. 24 - Sept. 23
If you are involved in talks about politics, religion or racial issues today, you might get more than you bargained for. People are intense today and will fiercely defend their beliefs and prejudices!

Libra Sept. 24 - Oct. 23
You might get to the bottom of why there is a dispute over inheritances or shared property today. You will see the real reason, that behind the scenes there is conflict.

Scorpio Oct. 24 - Nov. 22
Go gently when talking to friends, spouses and partners today, because people are intense. This means they will try to persuade you to agree with them.

Sagittarius Nov. 23 - Dec. 21
You can see ways to make improvements and reforms on the job today; however, others might not listen to you. Instead, focus on how you can improve your own health.

Capricorn Dec. 22 - Jan. 20
Romance is passionate today. Meanwhile, parents should be gentle with their kids, because misunderstandings might arise.

Aquarius Jan. 21 - Feb. 19
You might see ways to make improvements at home today, especially by removing something you no longer need or tearing it down. It's also a good day to recycle and streamline.

Pisces Feb. 20 - March 20
Those of you who write for a living or who are in sales and marketing will be productive today, because you have strong opinions. Not only that, you will be persuasive.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



metro
Tell us how you really feel.

Join our online reader panel and help make your Metro even better. metronews.ca/panel

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games





Of all the beverage containers that weren't recycled, how many were yours?

Last year, Manitobans recycled more beverage containers than ever before. Unfortunately, tons of them still ended up in the landfill, not a blue bin. Even a few containers pile up fast, so recycle your empty cans, bottles, cartons, and juice boxes every time.

